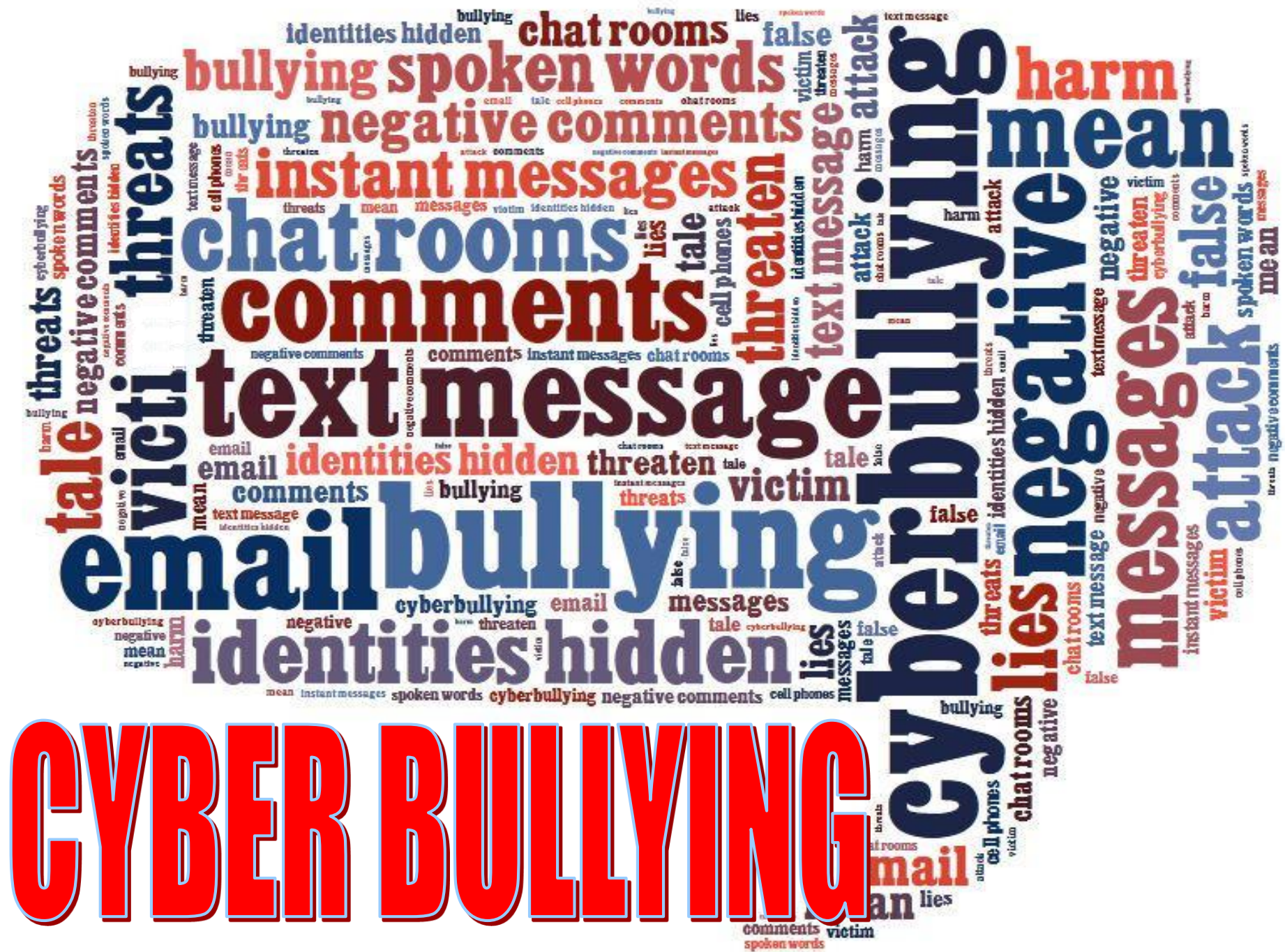




CYBER BULLYING

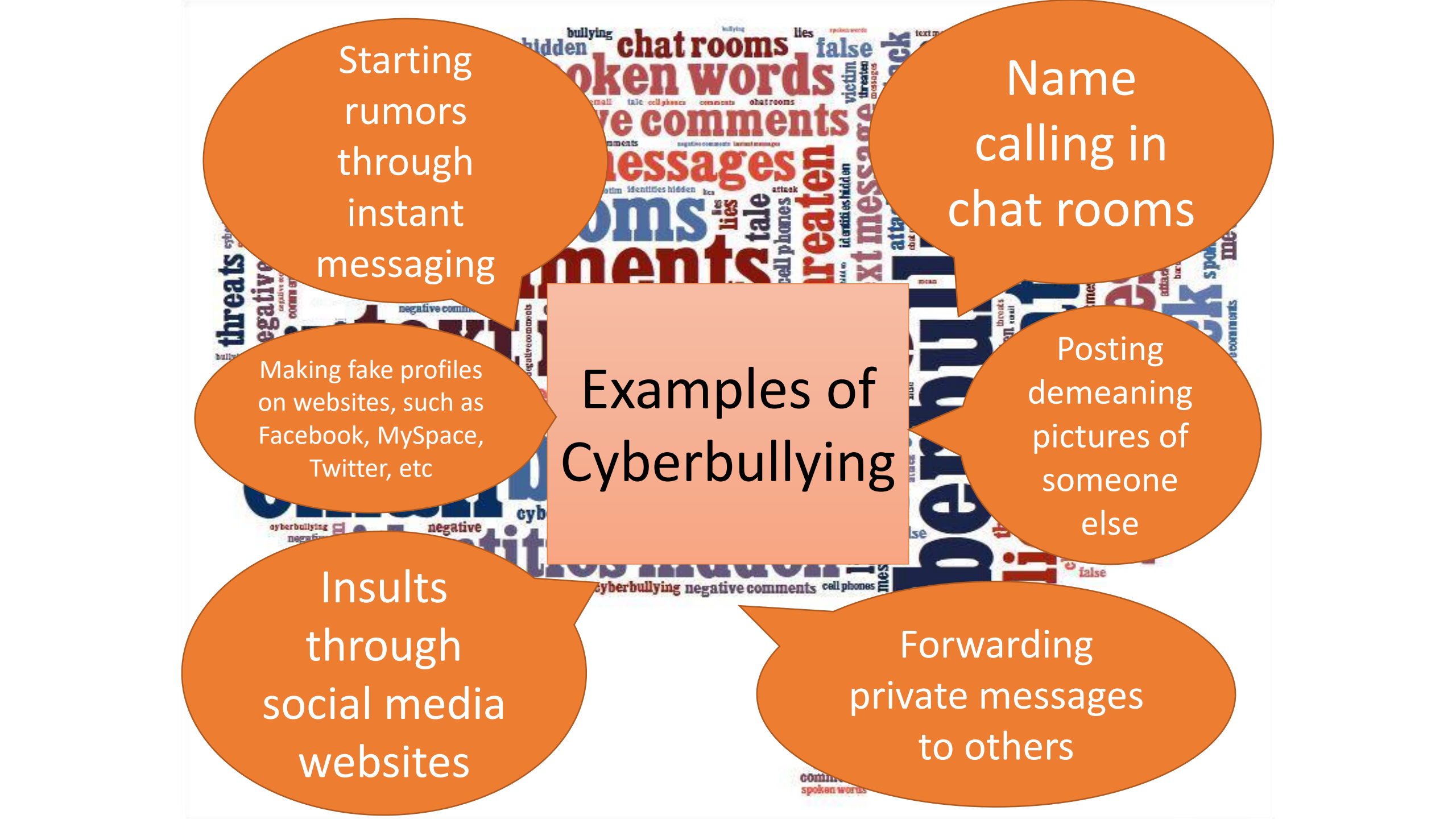
I DIDN'T KNOW...

THERE'S BULLYING ONLINE!!!

*This Granny might not know that
there is bullying online but...*

What is Cyber Bullying?

Cyber Bullying is the term used to refer to bullying and harassment by use of electronic devices such as e-mail, instant messaging, text messages, blogs, mobile phones, pagers and websites.



Starting rumors through instant messaging

Name calling in chat rooms

Making fake profiles on websites, such as Facebook, MySpace, Twitter, etc

Examples of Cyberbullying

Posting demeaning pictures of someone else

Insults through social media websites

Forwarding private messages to others

Cyberbullying Differs From 'Traditional' Bullying

Cyberbullying

Can be Anonymous

May occur in child's home

May seem inescapable

May be an extension of traditional bullying

'Traditional' Bullying

Direct/In person

Happens on school/community property

Can escape at home



Both are unacceptable forms of behaviour

Is cyberbullying more serious than other forms of bullying?

- Cyberbullying can occur 24/7 and invade home/personal space
- The audience can be very large and reached rapidly
- People who cyberbully may attempt to remain anonymous
- Some cyberbullying is unintentional
- Many cyberbullying incidents can themselves act as evidence

25%

One in four UK teens have
experienced cyber bullying

74%

Three quarters of teens did not go to
anyone for advice last time they
were cyber bullied

34%

Girls are twice as likely as boys to know someone who's been cyber bullied, over a third (34%) compared to one in six boys (17%)

46%

**Half of UK parents are unaware
of the phenomenon
of cyber bullying**

Cyberbullying: The Facts

- Things posted online are visible to the world 24 hours a day, 7 days a week.
- Cruel messages can be sent, forwarded, or viewed by virtually anyone.
- Messages can be sent in a split second.
- Cyberbullying can be an extension of bullying that youth are experiencing in school.
- It can be harsher because people tend to act differently online than in person.

Mobile Phones

Every time a mobile phone is switched on or off it sends a signal to the nearest mast, and although the caller may have concealed their number from you, this is **information which phone companies** will have on their system and it's **easy for the police to find** out the culprit's phone number.

Mobile Phones

Using a mobile phone to take images of another person being assaulted, or taking photos/video without permission is **illegal**.

The person taking the images can be charged with assault and harassment if the images are shown to other people.

DO NOT TAKE PHOTOS OR VIDEO OF ANYONE
WITHOUT THEIR PERMISSION – THIS IS
HARASSMENT.

Mobile Phones

What can you do?

- Do not give your number out to anyone you are unsure of.
- Do not show off your phone – keep it safe.
- Do not let anyone you do not know use your phone
- Keep any abusive text messages.
- Switch off Blue-Tooth

The Internet

It's very upsetting to get abusive emails, instant messages and to have nasty websites set up to invite people to post offensive remarks about you.

There are ways that people who send emails can be tracked by internet service providers and the police. All emails carry information which shows the path the email has taken to get to your computer.

What Can I Do?

- **Do not reply** to any offensive messages you get by email, mobile phone or Instant Messenger
- Do not give your details out
- Keep a copy of the abusive messages, and print if possible. (Screen capture – Ctrl/PrintScreen – paste into another document; save Instant Messages)
- Tell an adult – a parent, teacher etc
- If necessary the police may become involved – harassment is illegal!

Why Prevention Matters

Bullying is not a *rite of passage*.

Feeling safe and happy is.



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Stop, Block and Tell

Stop - **Don't respond or retaliate.** Sometimes a reaction is exactly what aggressors are looking for because they think it gives them power over you, and you don't want to empower a bully. As for retaliating, getting back at a bully turns you into one – and can turn one mean act into a chain reaction

Stop, **Block** and Tell

Block – Almost all social media platforms, apps, websites and forums have a blocking feature. Familiarise yourself with this feature and don't be afraid to use it if someone you don't know is contacting you, or if a digital friend is behaving offensively or inappropriately.

Stop, Block and Tell

Tell – Tell a responsible adult about what is worrying or upsetting you. They can help you to deal with it in the most appropriate way. Your selected responsible adult can also help you to take the necessary steps to prevent it happening again.

It is a criminal offence to...



- Send abusive messages repeatedly
- Take photos of people without their consent
- Post videos or photos of people online without their consent
- Send naked photos of your self or anyone else under the age of 16

Remember there is always a way of tracing everything that has been posted online! Think before you post!

This could result in...

- Exclusion from school
- Possible criminal record
- Jail sentence



Stop – DON'T LET THAT BE YOU

If you
wouldn't
say it to
your
granny,
don't post
it online



KEY ADVICE AND STRATEGIES FOR CHILDREN TO PREVENT AND RESPOND TO CYBERBULLYING

- 1. Always respect others
- 2. Think before you send
- 3. Treat your password like your toothbrush
- 4. Block the bully – and report to social media provider. If your not sure how, ask an adult.
- 5. Don't retaliate or reply!
- 6. Save the evidence
- 7. Make sure you tell - friend, family, school safeguarding team, teacher, police, ChildLine